

Thinking About Quitting?

WE UNDERSTAND & ARE HERE TO HELP!

Where Freedom From Tobacco Starts!

**Tobacco cessation classes are offered
at the UH Portage Medical Center.
The classes are every Thursday,
for 5 weeks, from 4:00pm–5:00pm!**

- **Class 1 - July 20**
- **Class 2 - July 27**
- **Class 3 - Aug 3**
- **Class 4 - Aug 10**
- **Class 5 - Aug 17**

*For more information about how to
become tobacco free, call the UH Portage
Medical Center at (330) 297-2576*

